

## ABSTRACT OF THE DISCLOSURE

Gas spring damper units have flow limiting valves, which are either constant flow drillings or spring loaded non-return valves. Said solutions either do not permit a damping behavior which is dependent upon the direction of displacement or are too complicated and expensive. According to the Invention, the flow limiting valves (15) thus each have a different flow resistance depending upon the direction of flow and the flow resistance of each flow limiting valve (15) is set in at least one direction such that the critical Reynolds number for the transition from laminar flow to turbulent flow lies within the pressure difference across the flow limiting valve (15) as determined by the possible piston speeds.